

Mental Health Resources - Underrepresented Groups



These mental health resources are focused on underrepresented groups.

Some resources are only available in the United States. Underlined words are hyperlinked directly to the website

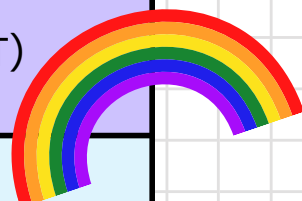
LGBT National Hotline: 888-843-4564

Free, confidential support services for the LGBTQ+ community.

Hours:

Monday-Friday: 4PM ET- Midnight ET (1:00PM-9:00PM PT)

Saturday: Noon - 5:00PM ET (9:00AM - 2:00PM PT)



Inclusive Therapists:

A mental health community that aims to meet the needs of a diverse population, with a focus on the needs of BIPOC, LGBTQ+, disabled persons, and neurodiverse communities.

inclusivetherapists.com/

StrongHearts Native Helpline: 1-844-762-8483

A 24/7 safe, confidential and anonymous domestic, dating and sexual violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy. No cost.

Therapy for Black Men:

Multiculturally competent care for black men to help find therapists in all parts of the U.S. Now expanding into other countries.

therapyforblackmen.org/

Trans Lifeline: 877-565-8860 (U.S.)

Trans peer support run by and for trans people.

Confidential services available 24/7.

Canada: 877-330-6366

South Asian Therapists.org:

Helps people find South Asian therapists all over the world. A South Asian mental health community that helps people find competent care that fits their needs.

southasiantherapists.org/

SAGE National LGBT Elder Hotline: 877-360-5428

Helpline for older people of the LGBTQ+ community. The free helpline is available 24/7 in English and Spanish, with translation in 180 languages.

One Sky Center:

National Resource Center for American Indian and Alaska Native Health, Education and Research. It is dedicated to quality health care across Indian Country.

oneskycenter.org/

Therapy for Latinx:

A service that helps Latinx people connect with therapists of a similar background.

therapyforlatinx.com/

LGBT National Help Center:

This resource serves the LGBTQ+ community by providing free, confidential peer-support and resources.

glbtnationalhelpcenter.org

